



Men's Health and Wellness

“Aesthetic Aging”

A Plastic Surgeon's Perspective



DR THEVARASAN
GANANDRAN

Plastic Surgeon,
Hospital Queen Elizabeth

Aging Process

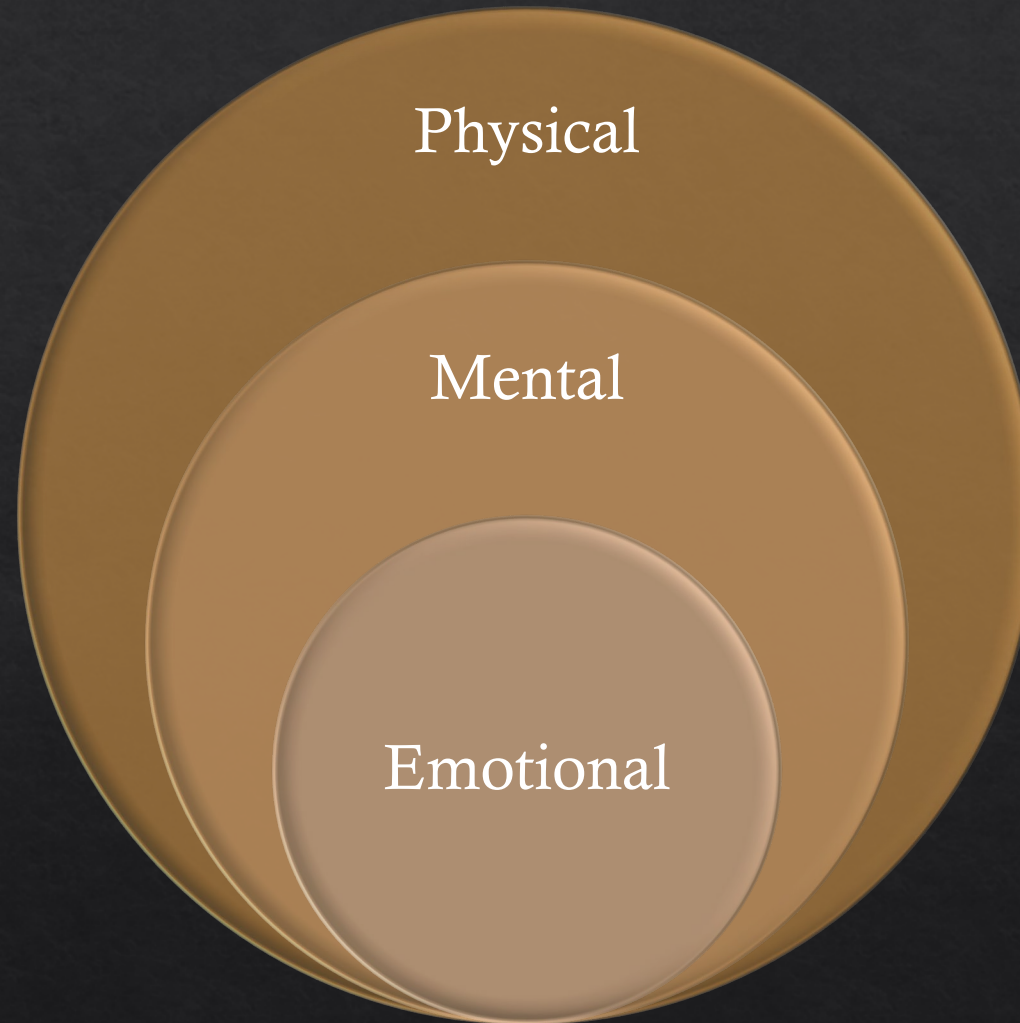


Multifaceted
Dynamic
Process

A Diverse
Universal
Experience

Cumulative experience
over time affecting
physical, mental and
social well being

Holistic Aging



Key Aspects of Aging

Biological

- Refers to the physical changes that occur in the body over time, such as changes in organ function, cellular processes, and the musculoskeletal system.

Psychological

- Encompasses changes in cognitive function, emotional well-being, and mental health that may occur as individuals age.

Social

- Focuses on the impact of societal and environmental factors on the aging process, including social roles, relationships, and access to resources.

Functional

- Refers to changes in an individual's ability to perform daily activities and maintain independence.

Health

- Emphasizes optimizing health and well-being throughout the life course, recognizing that older adults can lead fulfilling lives with proper healthcare, nutrition, and social support.

Psychosocial Aspects of Aesthetic Aging

Beyond the physical changes, aesthetic interventions can have a profound impact on an individual's mental and emotional well-being

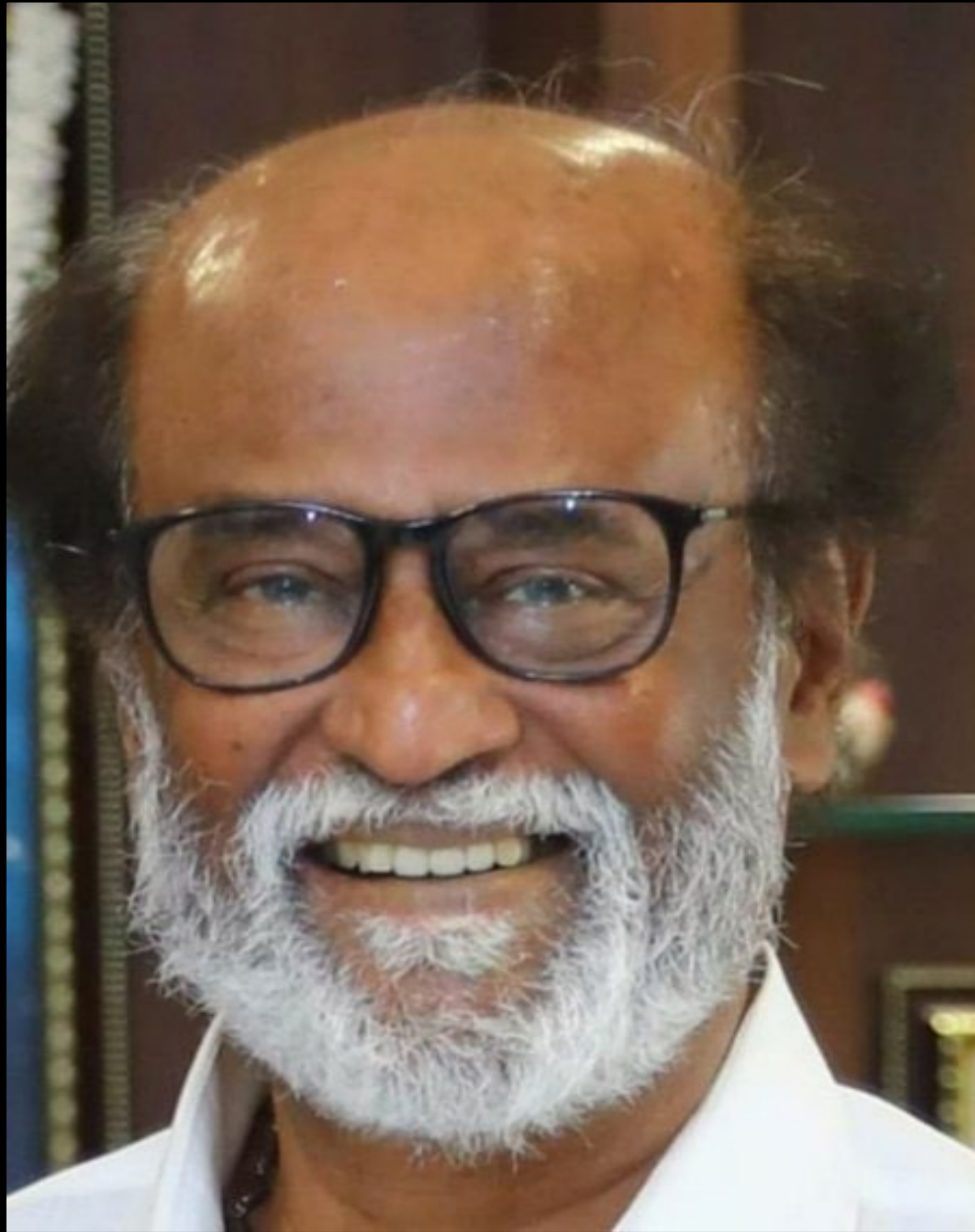
However, these approaches are personal choices and should be approached with careful consideration and consultation with qualified healthcare professionals.

Challenges for Asian Men

Cultural perceptions of aging

Influence attitude and decision to explore regenerative medicine and cosmetic or aesthetic surgery, especially for older men

These perceptions can vary widely across different cultures.





Cultural Factors that Impact Perception on Aging and Aesthetics







Motivations

Self-Esteem and Confidence:

When individuals feel more confident in their appearance, it often translates to increased self-assurance in various aspects of their lives.

Social Interaction and Relationships:

Individuals may become more outgoing and engage more comfortably in social situations, contributing to the enhancement of personal and professional relationships.

Body Image Satisfaction:

Plastic surgery provides individuals with the opportunity to align their physical appearance with their self-perception, fostering a positive body image and a healthier relationship with oneself.

Impact

Psychological Impact of Physical Changes:

- Aging often brings about physical changes that can impact mental health. Aesthetic interventions provide a means to address and mitigate these changes, helping individuals maintain a positive outlook and cope with the psychological challenges associated with aging.

Career and Professional Advancement:

- In some professions, a youthful and vibrant appearance can be perceived as an asset. Plastic surgery may contribute to a more competitive edge in the professional sphere, positively influencing career opportunities and success.

Emotional Well- Being and Quality of Life:

- Feeling satisfied with one's appearance can lead to an overall improvement in emotional well-being and quality of life. Aesthetic interventions can contribute to a sense of fulfillment, allowing individuals to age more gracefully and contentedly.

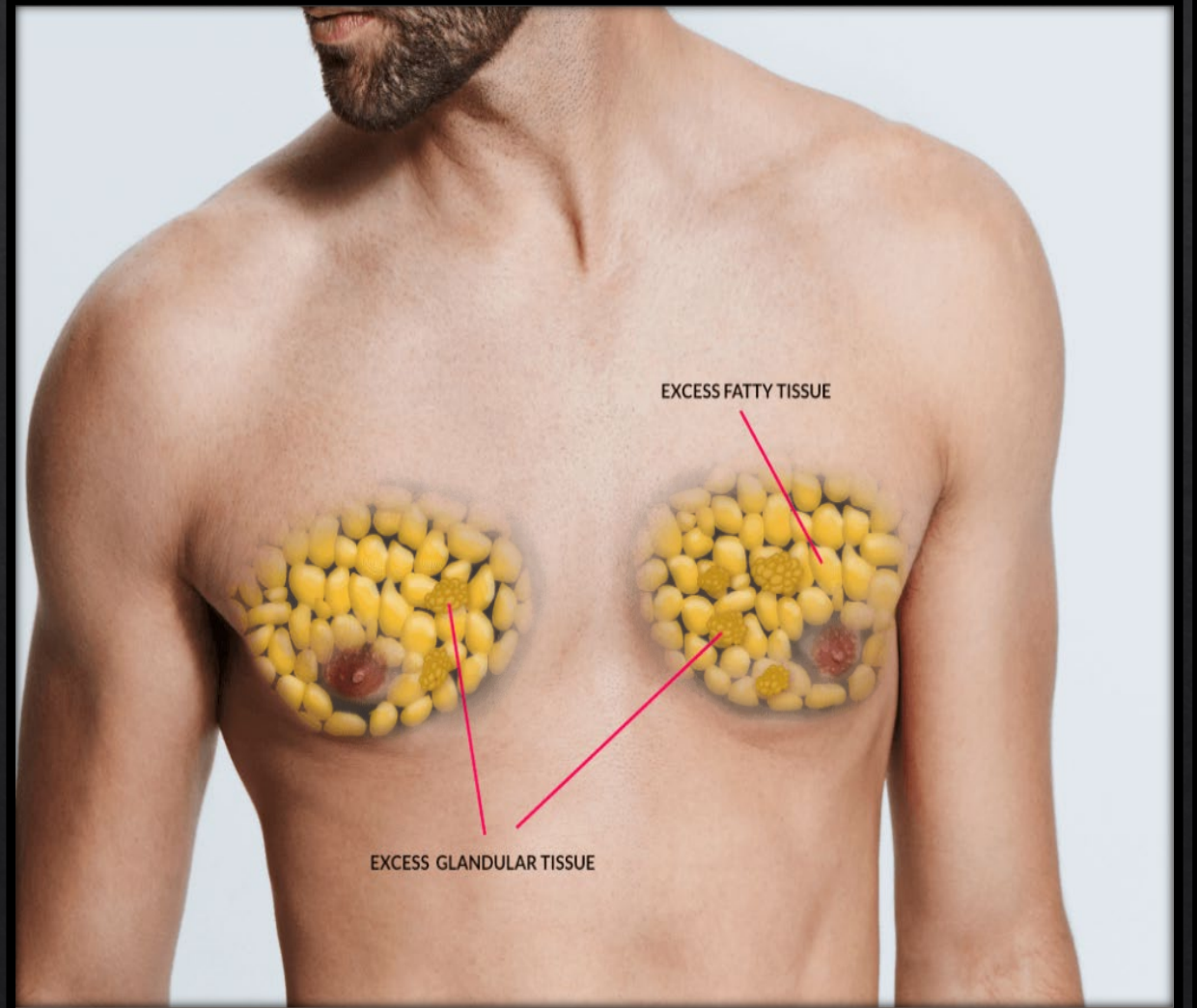
Common conditions and interventions



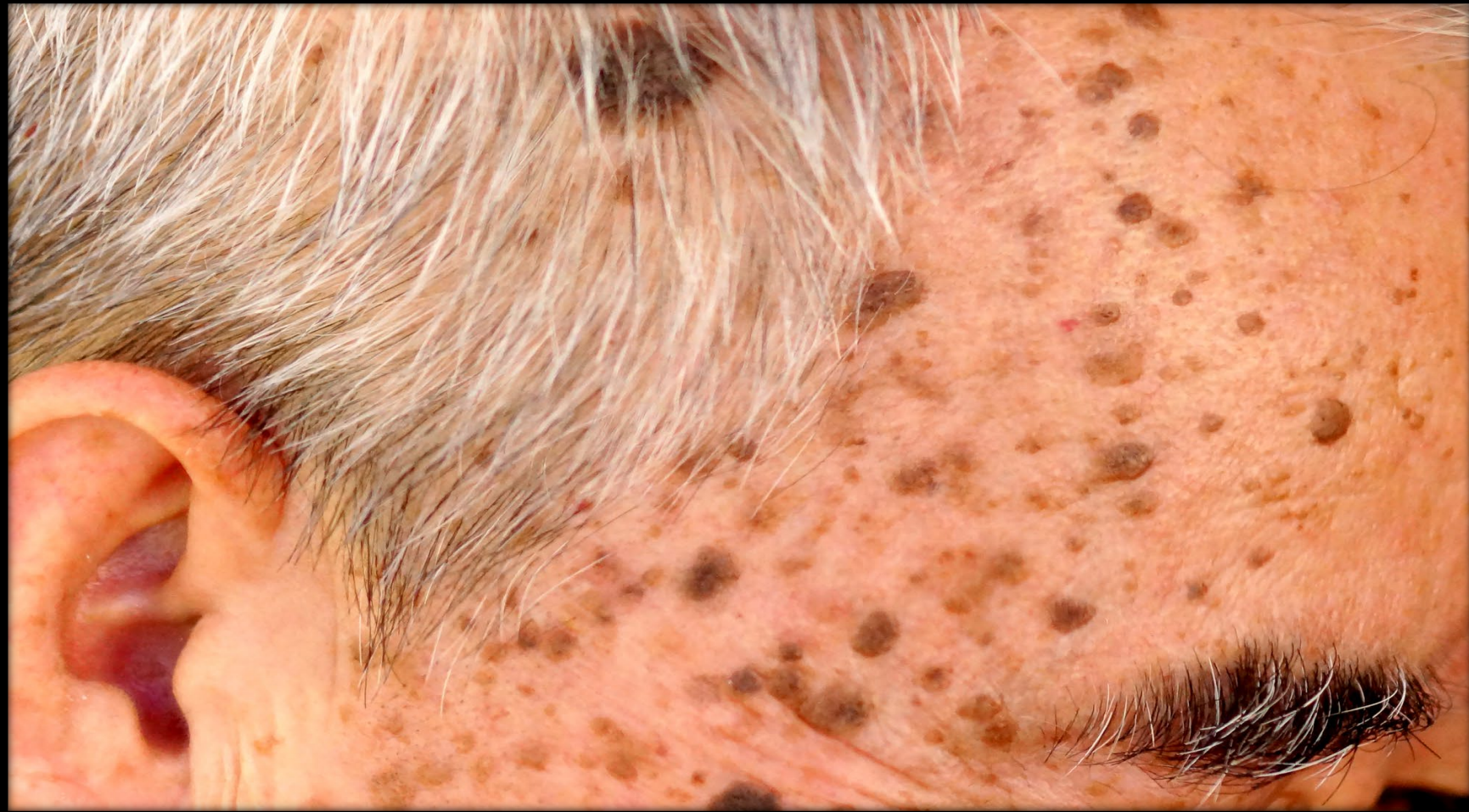
Penile enlargement



Gynaecomastia



Seborrheic / Actinic Keratosis / Skin cancer



Male Pattern Baldness



Smoker's Lines



Stubborn Fat/ Dadbod





◆ Every person has a different view of another person's image. That's all perception. The character of a man, the integrity, that's who you are.

-STEVE ALFORD.

THANK YOU

◆ Questions?

◆ thevarasan.ganandran@gmail.com

◆ Facebook: Thevarasan Ganandran